



Big Rock Aikikai

## Kyu & Dan

### Testing Requirements

**Ist Kyu - Brown Belt**

**120 days & 9 event hrs**

Morotedori Kokyuhō

Shomenuchi Ikkyō, Nikyō, Sankyō, Yonkyō (tw & sw)

Katadori Ikkyō, Nikyō, Sankyō, Yonkyō (tw & sw)

Yokomenuchi Ikkyō, Nikyō, Sankyō, Yonkyō, Gokyō (tw & sw)

Ushiro Ryotedori Ikkyō, Nikyō, Sankyō, Yonkyō

Katatedori Shihonage (tw & hhw)

Ryotedori Shihonage (tw & hhw)

Shomenuchi Iriminage (tenkan & asai & fukai)

Shomenuchi Kotegaeshi (asai & tenkan)

Shomenuchi Kaitennage (soto & kaiten)

Shomenuchi Koshinage (kaiten, sankyō)

Tsuki Iriminage (tenkan & irimi & fukai-ura)

Tsuki Kotegaeshi (asai & tenkan)

Tsuki Kaitennage (soto & kaiten)

Katatedori Iriminage (tenkan & asai & fukai)

Katatedori Kotegaeshi (asai & tenkan & gyaku-soto)

Katatedori Kaitennage

Ryotedori Tenchinage (static)

Jiyū Waza (Katatedori, Ryotedori, Morotedori)

Zagi Kokyuhō